



Short Safety Subject

HEAD INJURIES - AFTER THE FALL

You can work for years and hardly get a scratch, then one day a fall can turn your life around. Fall injuries may cause abrasions, fractures and dislocations. However, the one of the most *serious* result of a fall, other than death, can be a head injury. How this will affect you depends upon which part of your brain has been injured as a result of a fall or impact. Broken bones usually heal, but head injuries can result in life long serious problems, such as:

- Changes in personality, such as increased anxiety, depression or anger.
- Difficulties with eye and hand coordination, and inability to handle tools or play sports well.
- Defects in vision and visual illusions.
- Short-term memory loss or interference with long term memory.
- Increased aggressive behavior.
- Difficulty in distinguishing left from right.
- Changes in social behavior

How You Fall Often Determines Your Specific Injury.

From the time a worker loses a secure grip, footing or balance, until impact, several factors influence what part of the body will be injured and how severe the damage will be. They are:

- Distance of the fall - *momentum and velocity effect the impact on your body.*
- The angle of the body at impact - *we're not like cats landing on all fours.*
- The obstacles the body strikes - *what if you fall on railings, steps, or vehicles?*
- The surface eventually landed on - *will it be a pile of hay, or concrete?*

What You Can Do: THINK!

- Help remind your co-workers to play it safe and avoid taking risks.

- Report unsafe conditions to the nearest supervisor.
- Make it a habit to work safely, regardless of time pressures.
- Practice caution at home - accidents and head injuries from falls happen more often off the job than at work.

**Stay Alert! Head injuries can have devastating
consequences that may impact your life forever.**
